

NASA Health Promotion and Wellness Team



ViTS

December 3, 2002



Agenda

- Introductions
- Health and Fitness Initiative
- 2nd Quarter FY 2003 Promotion
 - Ergonomics
- Center Campaign Updates
 - Influenza Immunizations
 - Prostate Cancer
- Solar Safe Metrics
- Wrap-Up



Health and Fitness Initiative

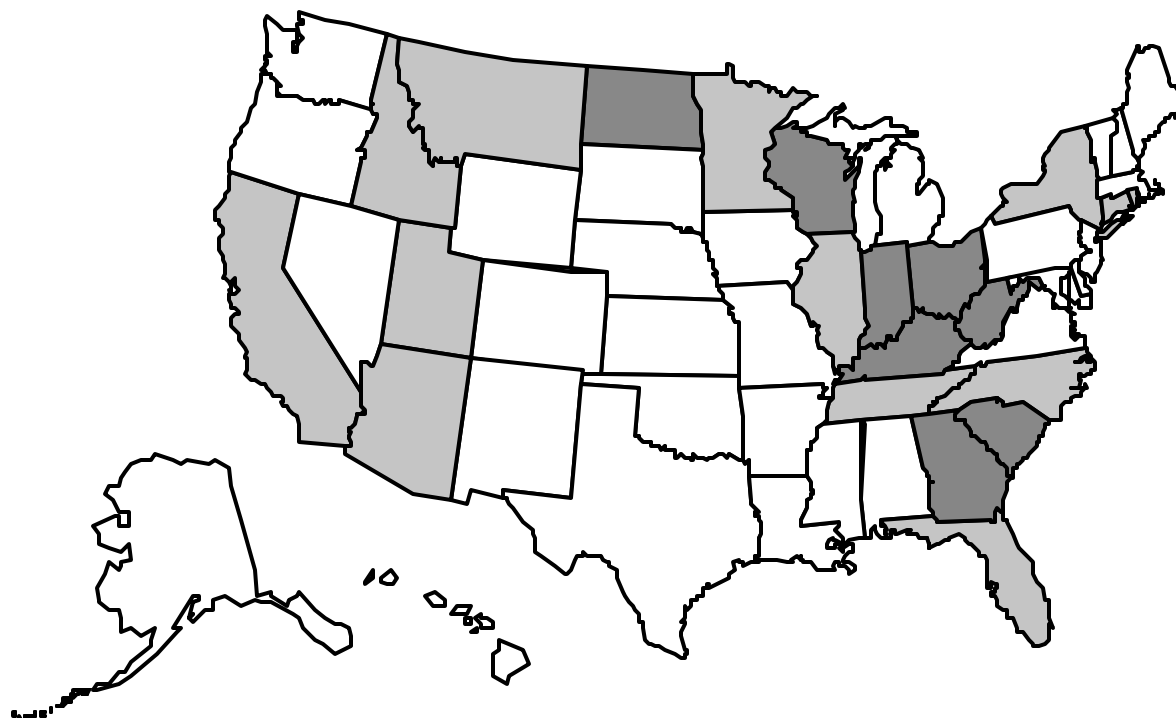
- Dr. C. Smallwood
 - Deputy Medical Director
- Kennedy Space Center 2/4, 5 & 6, 2003

HEALTH AND FITNESS INITIATIVE



Obesity* Trends Among U.S. Adults BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



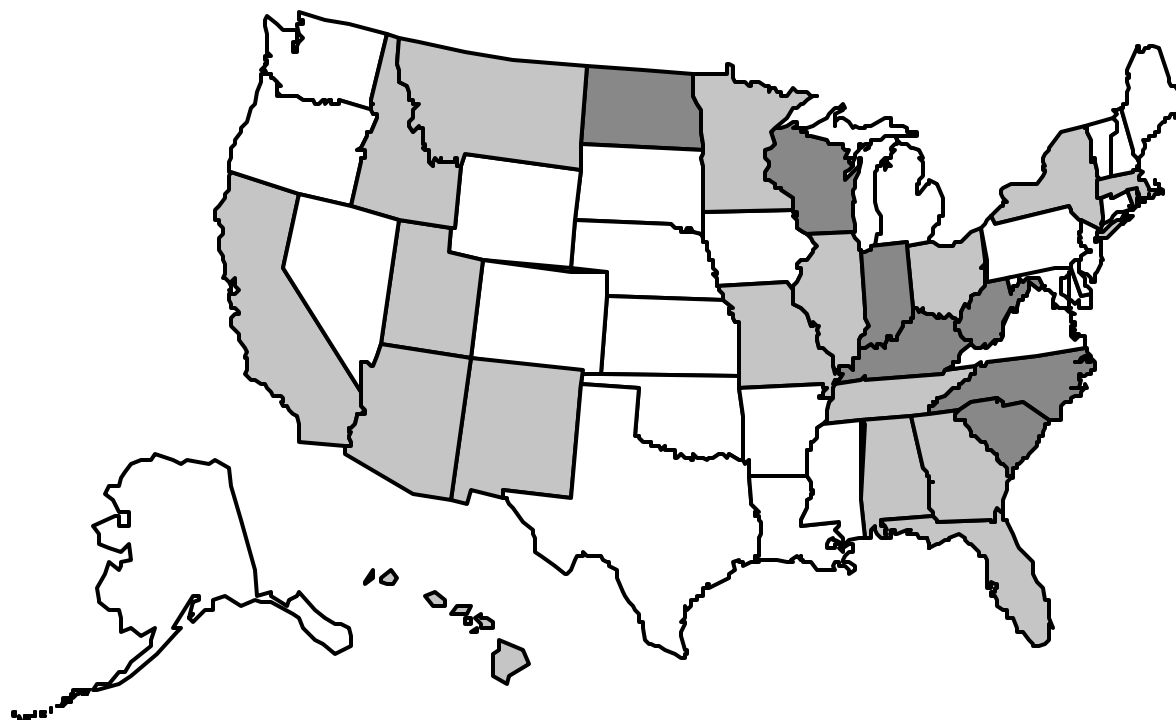
No Data ☐ <10% ☐ 10%-14% ☐ 15-19% ☐ $\geq 20\%$ ☐

Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1986

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



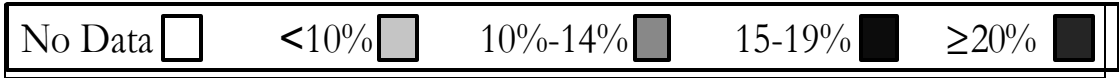
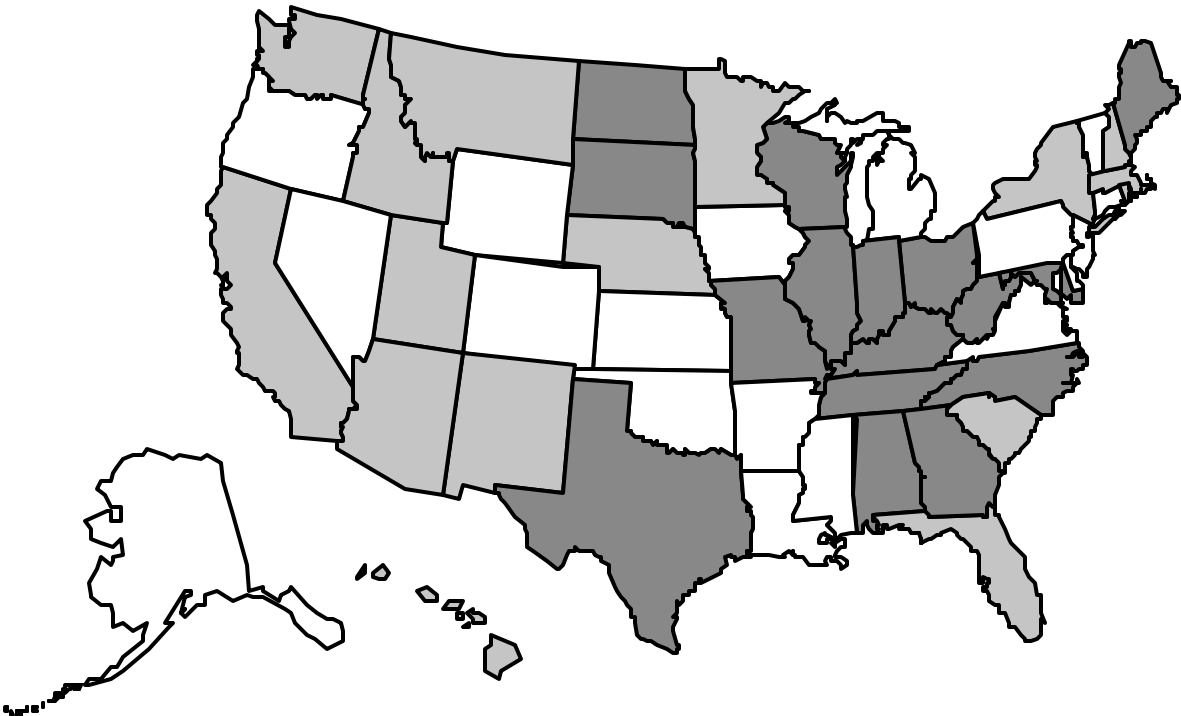
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Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1987

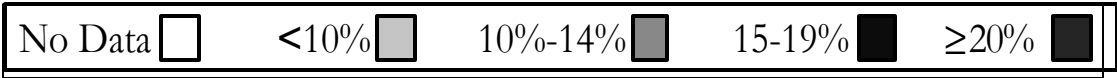
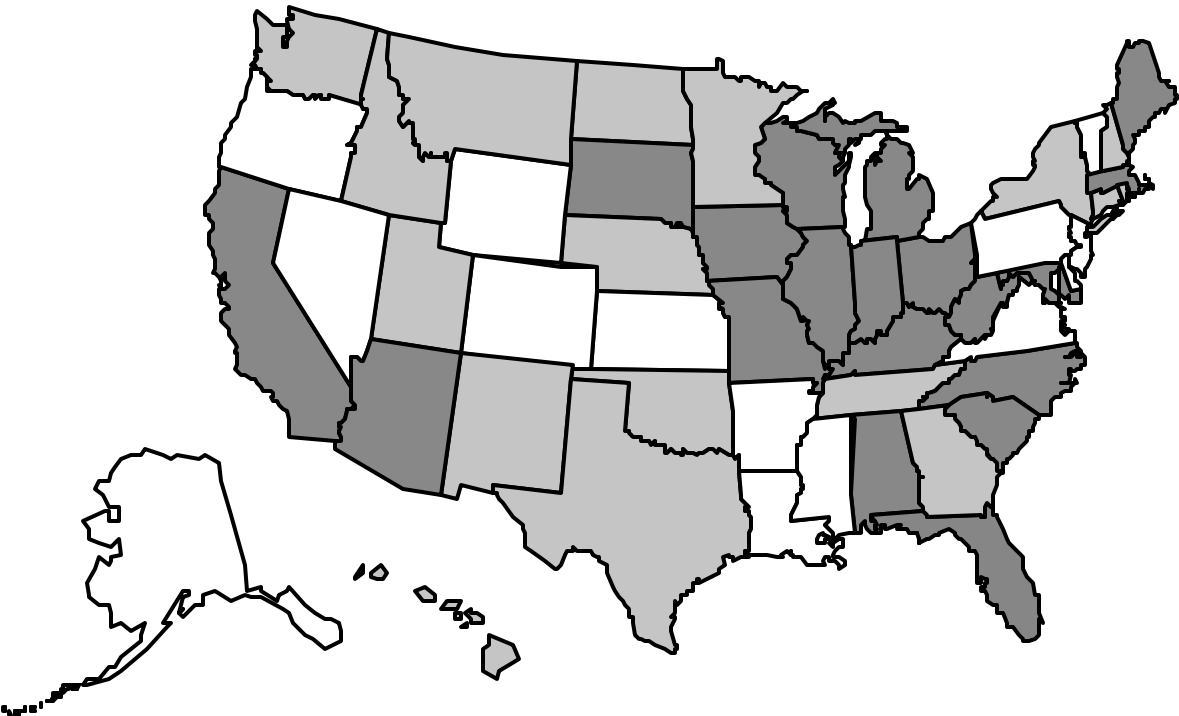
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1988

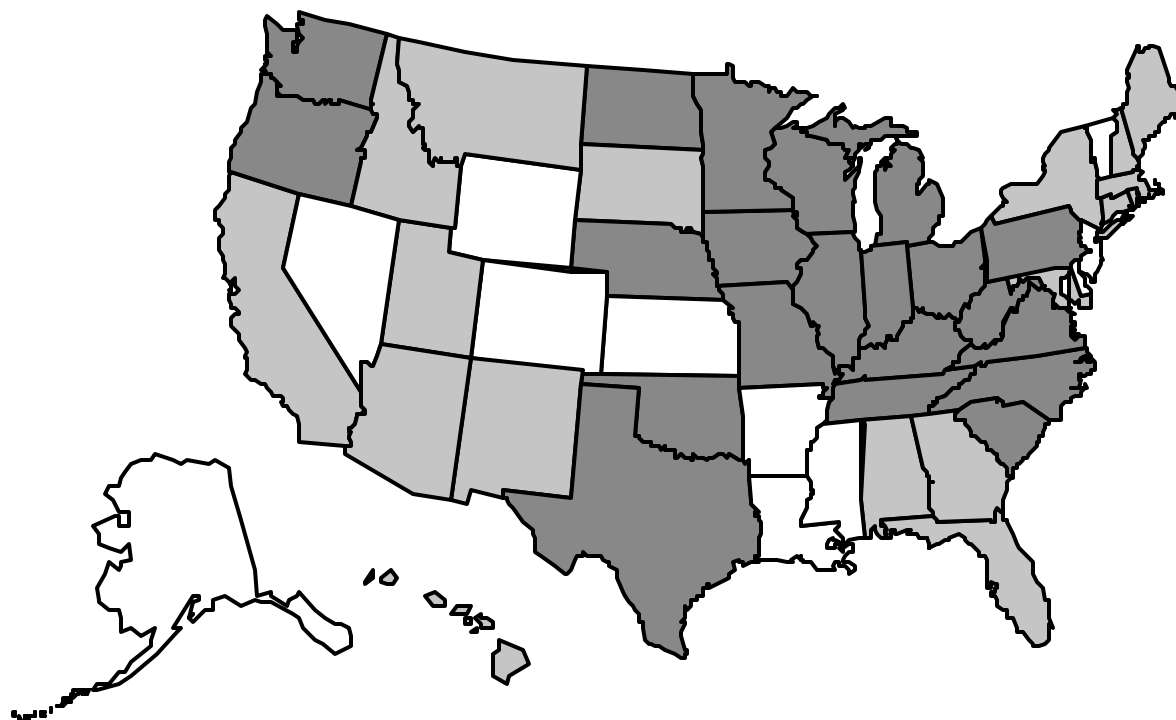
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)

Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1989

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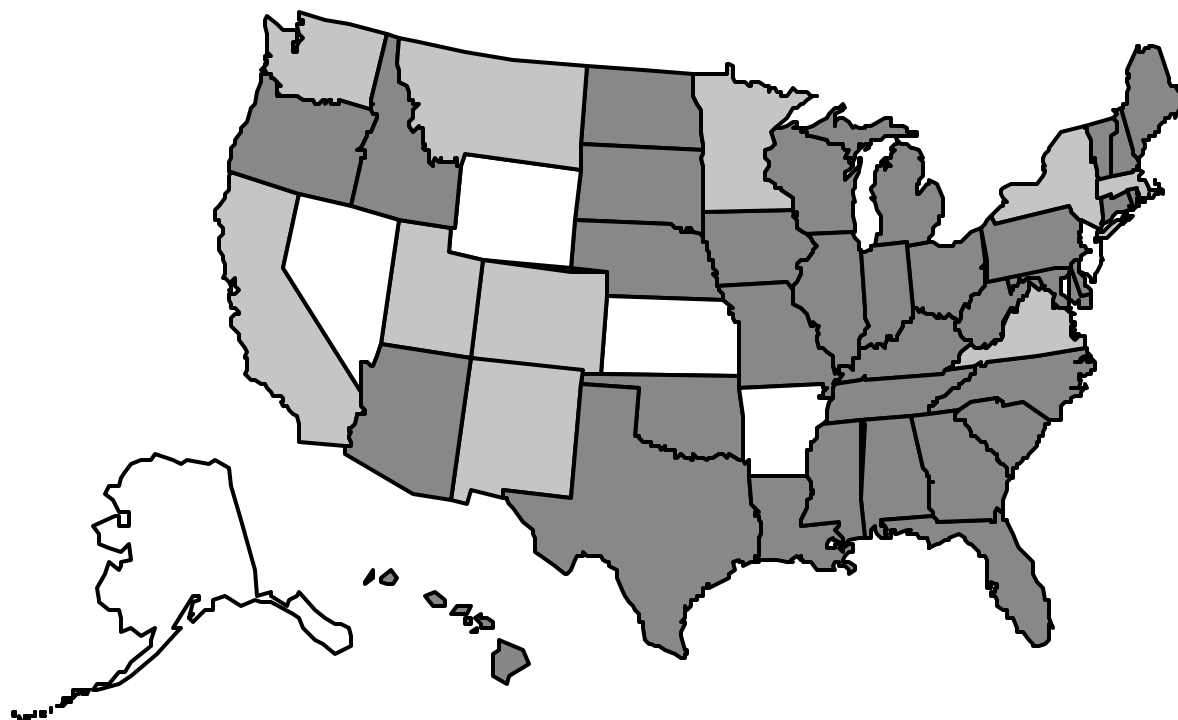
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Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1990

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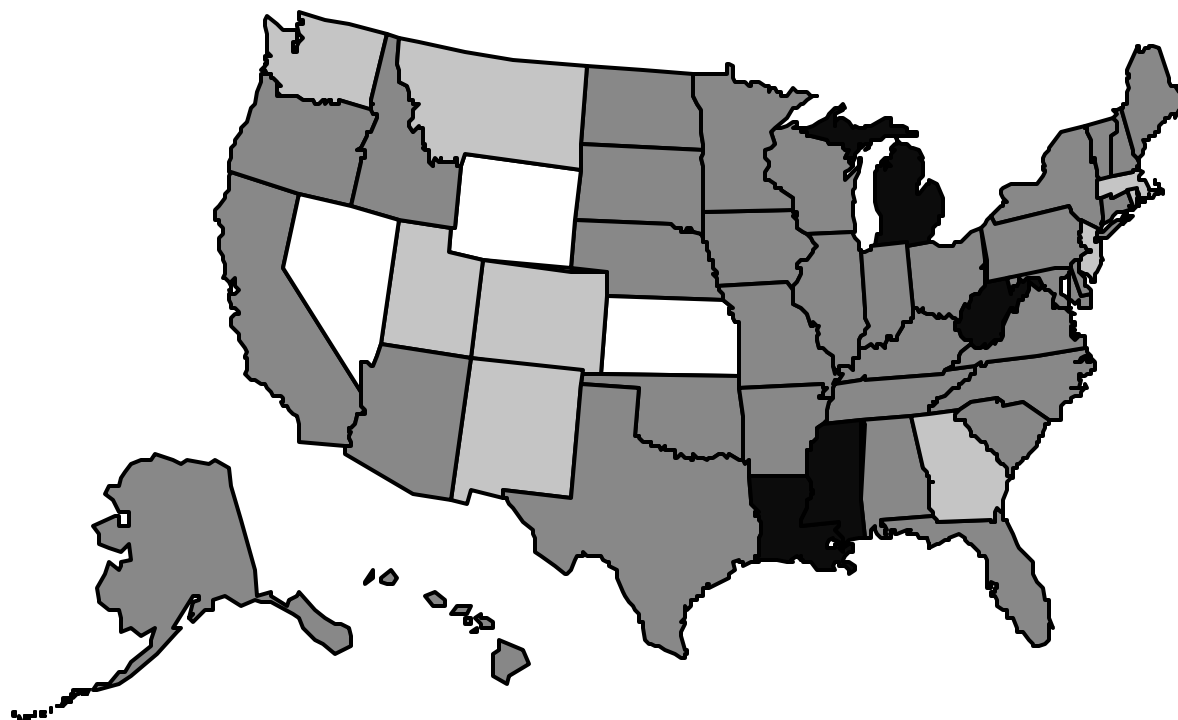
No Data ☐ <10% ☐ 10%-14% ☐ 15-19% ☐ $\geq 20\%$ ☐

Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1991

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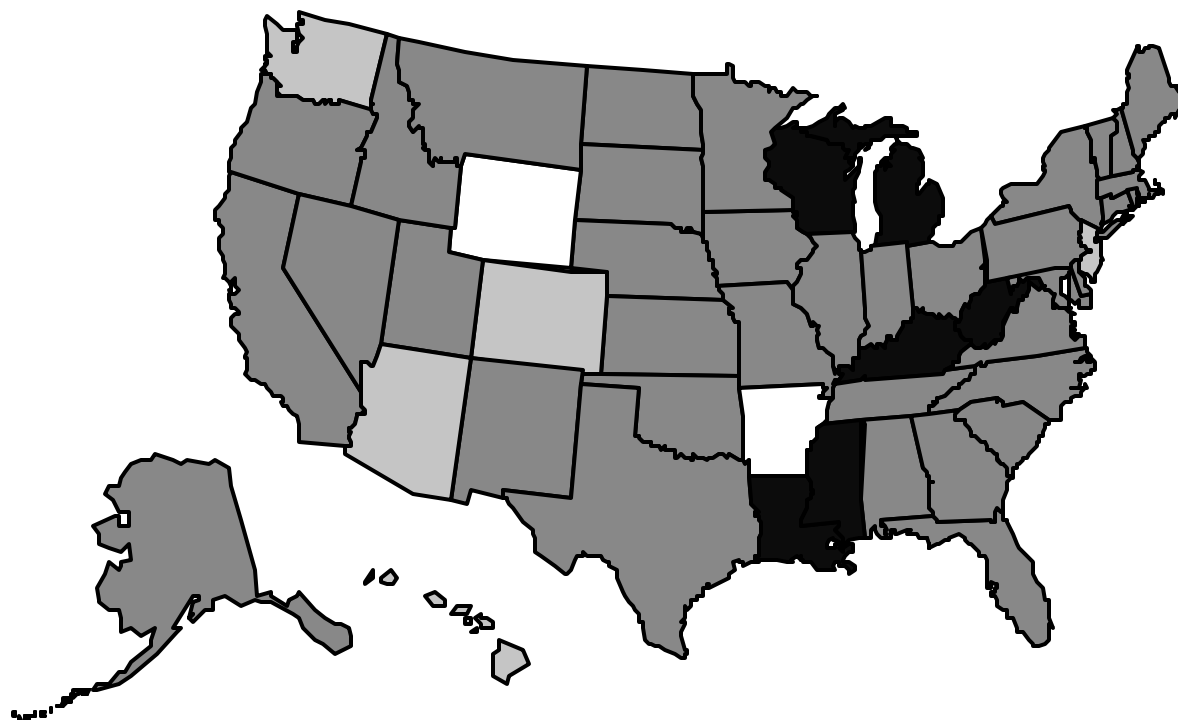
No Data ☐ <10% ☐ 10%-14% ☐ 15-19% ☐ $\geq 20\%$ ☐

Source: Mokdad AH, et al. *JAMA* 1999;282:16.



Obesity* Trends Among U.S. Adults BRFSS, 1992

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



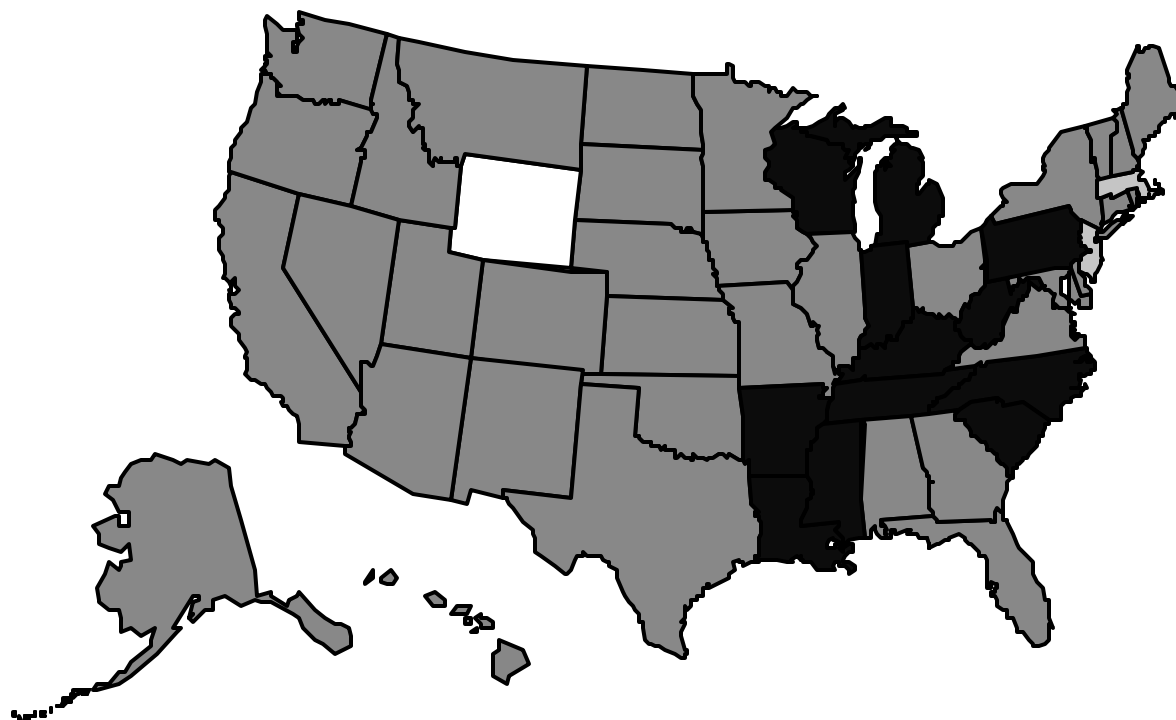
No Data ☐ <10% ☐ 10%-14% ☐ 15-19% ☐ $\geq 20\%$ ☐

Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1993

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



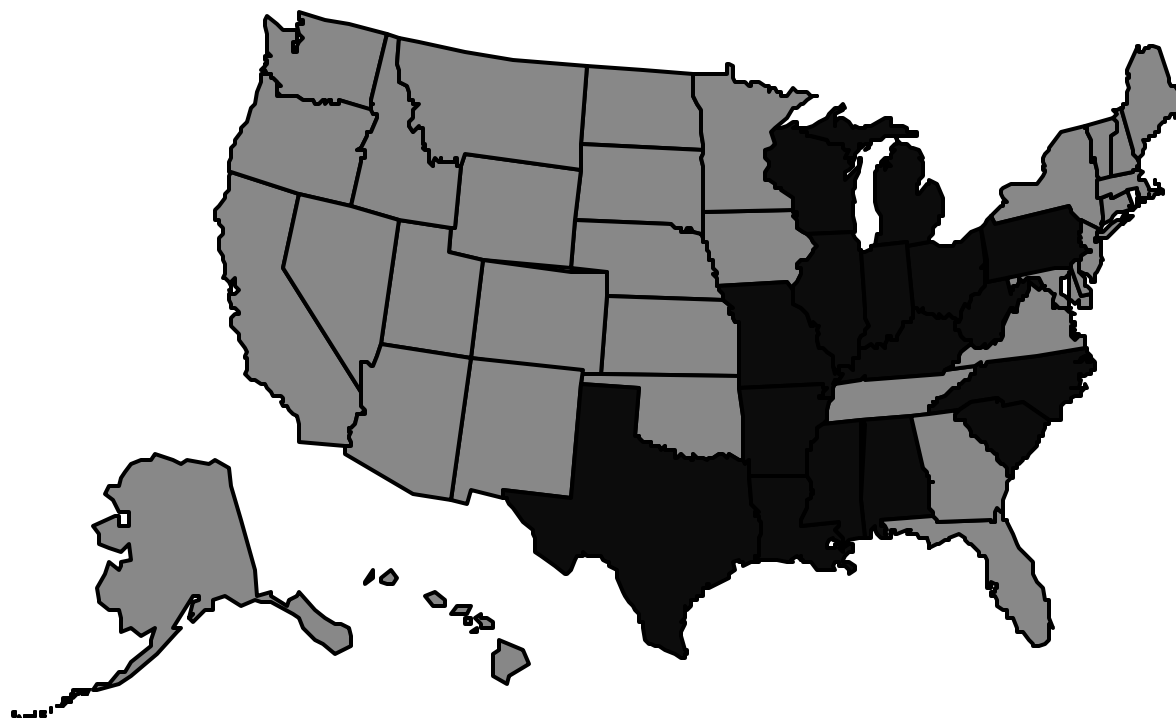
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Source: Mokdad AH, et al. *JAMA* 1999;282:16.



Obesity* Trends Among U.S. Adults BRFSS, 1994

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



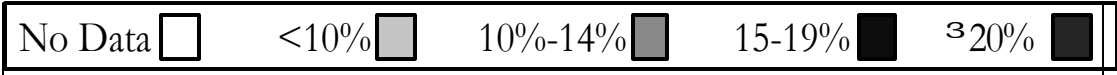
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Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1995

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)

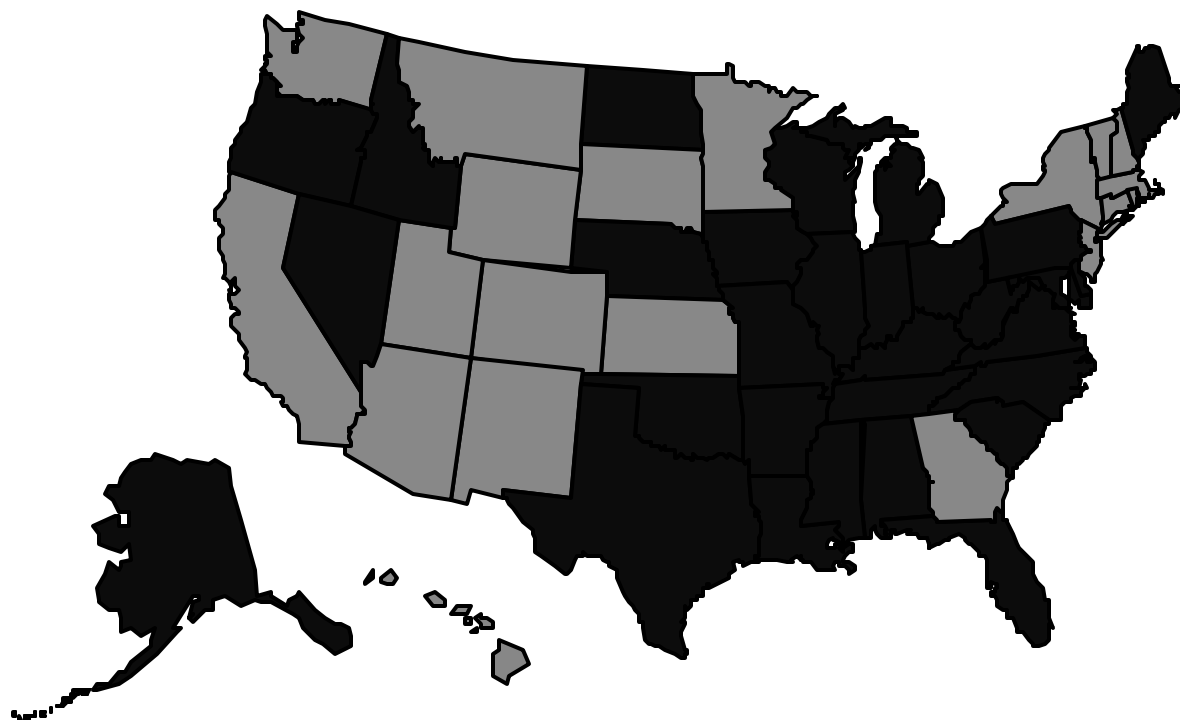


Source: Mokdad AH, et al. *JAMA* 1999;282:16.



Obesity* Trends Among U.S. Adults BRFSS, 1996

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)

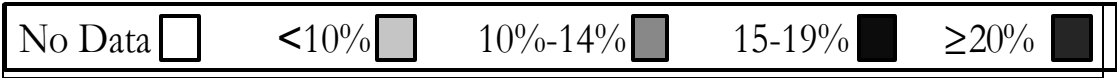
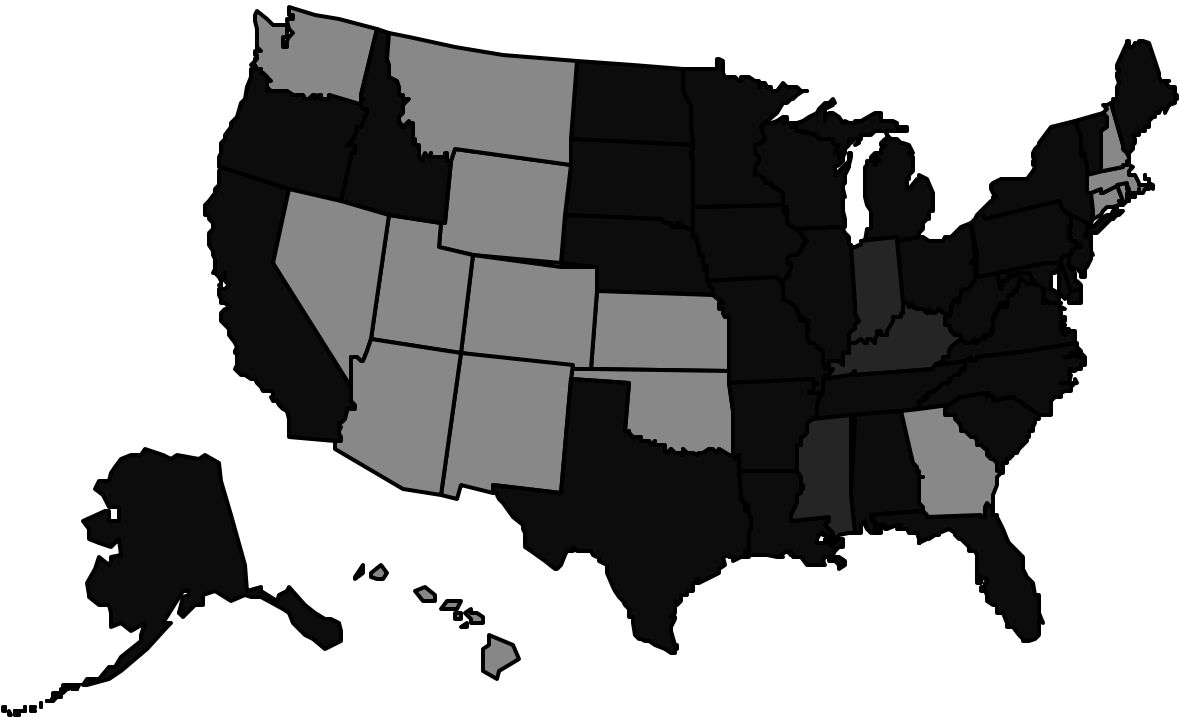


No Data ☐ <10% ☐ 10%-14% ☐ 15-19% ☐ $\geq 20\%$ ☐

Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1997

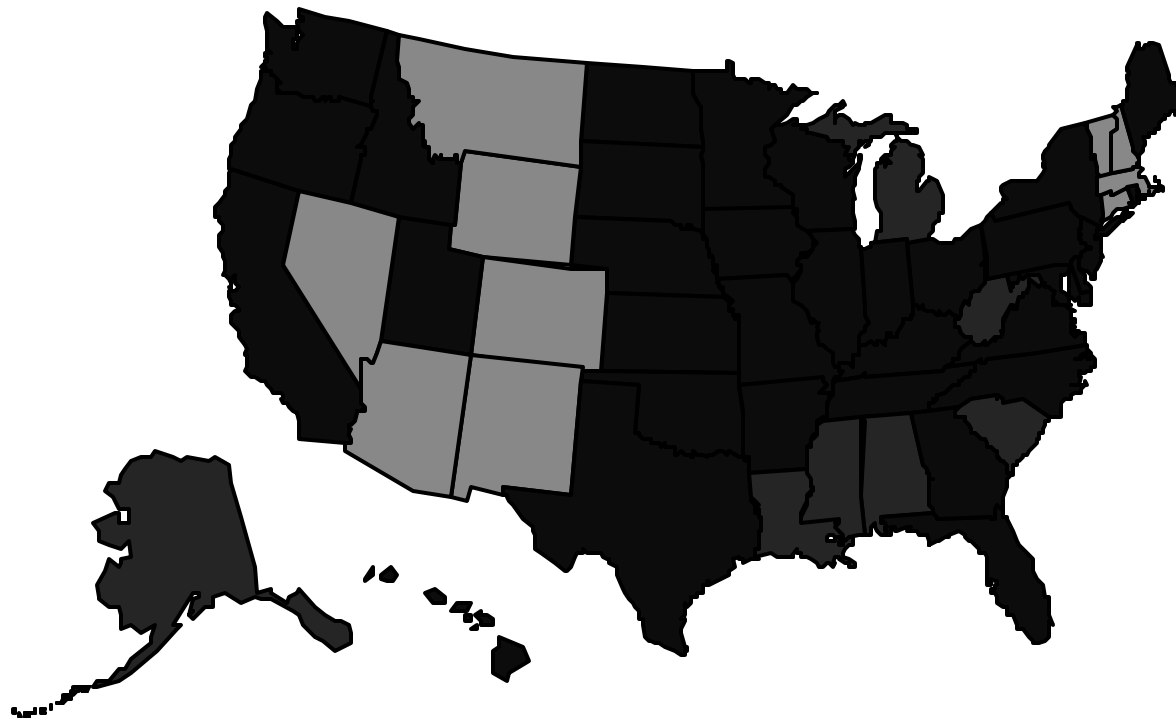
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)

Source: BRFSS, CDC.



Obesity* Trends Among U.S. Adults BRFSS, 1998

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



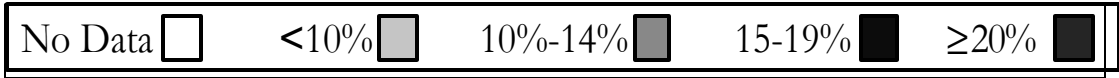
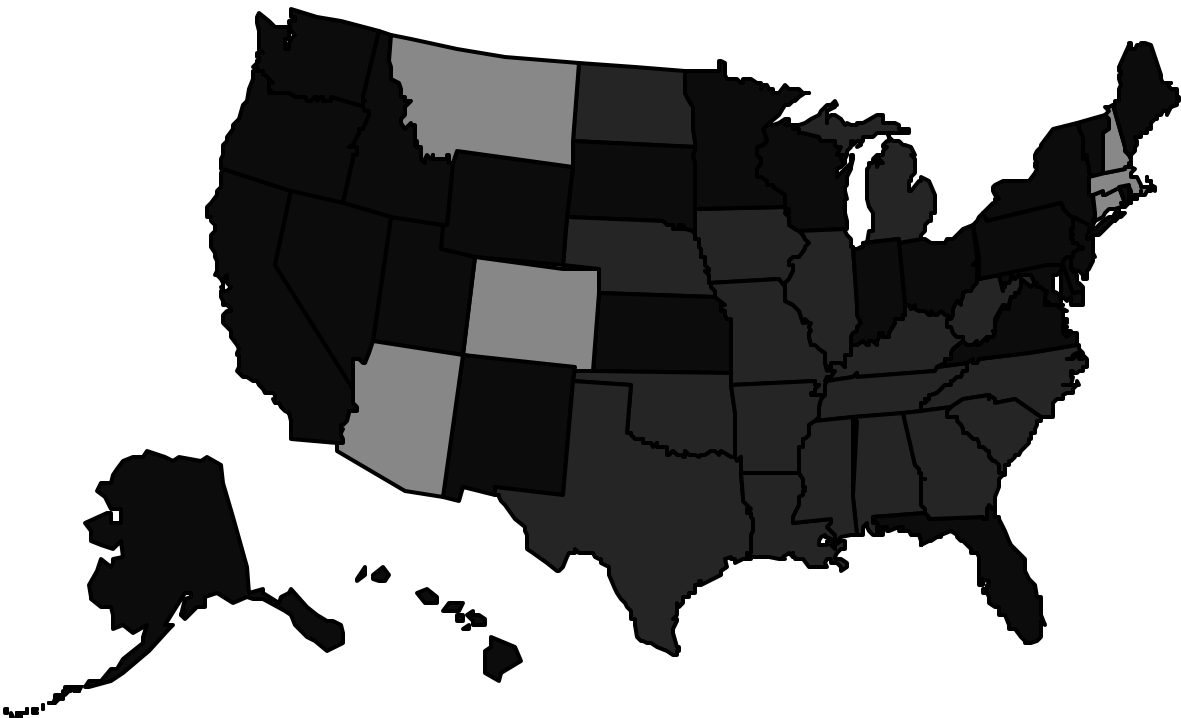
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Source: Mokdad AH, et al. *JAMA* 1999;282:16.

Obesity* Trends Among U.S. Adults

BRFSS, 1999

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



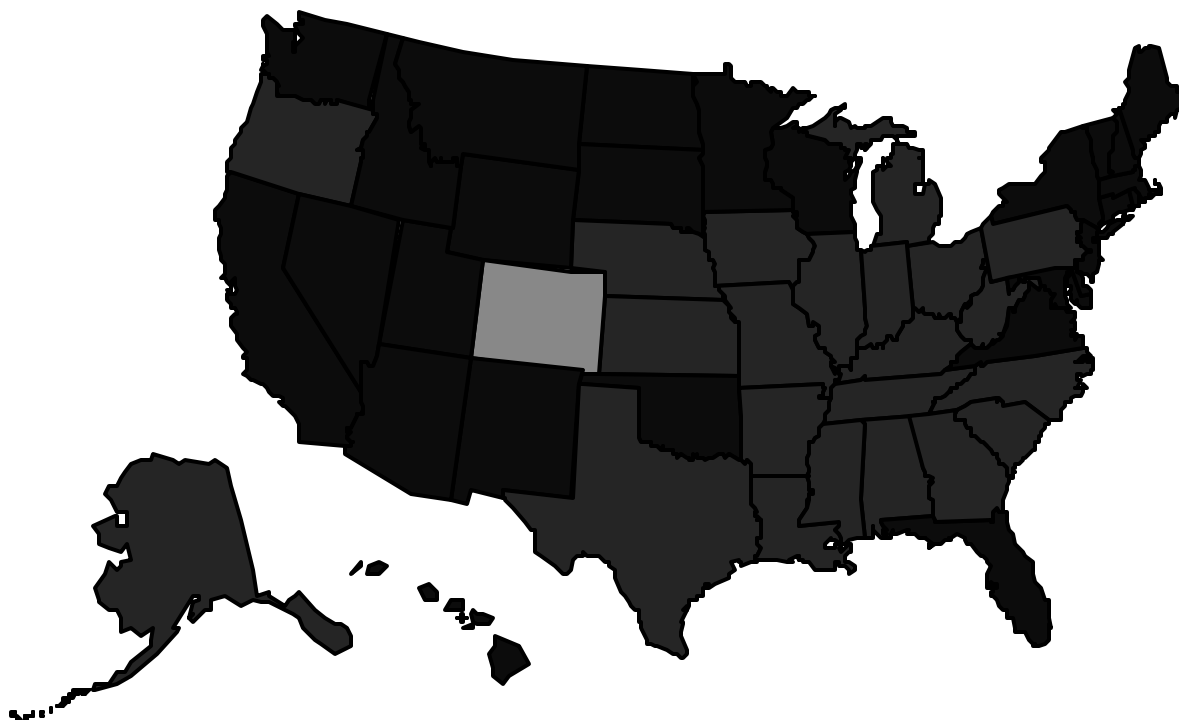
Source: BRFSS, CDC.



CENTERS FOR DISEASE
CONTROL AND PREVENTION

Obesity* Trends Among U.S. Adults BRFSS, 2000

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



No Data ☐ <10% ☐ 10%-14% ☐ 15-19% ☐ $\geq 20\%$ ☐

Source: Mokdad A H, et al. *JAMA* 2001;286:10



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Health and Fitness Initiative

KSC Health Education and Wellness (HEW) Council

- Open format
- Open to anyone
- Targeted for NASA and contractor organizations

Healthy People 2010 goals reviewed

- Healthy People is managed by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services
- 28 major objectives
 - Numerous sub-objectives



Health and Fitness Initiative

KSC Super Safety and Health Day

**KSC CVD High Risk Factor Identification
Program:**

1999:	4717 patients:	26% high risk
2000:	4898 patients:	24% high risk
2001:	5188 patients:	34% high risk
2002:	3576 patients:	41% high risk



Health and Fitness Initiative

Treatment for a significant number
of health problems:

Physical Activity



Health and Fitness Initiative

- February 3rd to 7th 2003
- Multi-employer involvement
- Keynote Speakers
- Other Centers Involved
 - Potential 65,000 NASA and Contractors
- Goals of Initiative
- Family Involvement

Health and Fitness Initiative

Objectives:

- Educate
- Motivate people
- Involve Family

President's Council on Physical Fitness and Sports (PCPFS)



<http://www.indiana.edu/~prescha/index.shtml>

<http://www.fitness.gov>

Health and Fitness Initiative

Keynote Speakers:

1200 to 1300 EST on NASA Channel 60

Dr. Kenneth Cooper

- February 4th 2003
- Aerobic health

Dr. Bertice Berry

- February 5th, 2003
- Fitness and Wellness

Page Love, MS, RD, CSCS

- February 6th, 2003
- Nutrition



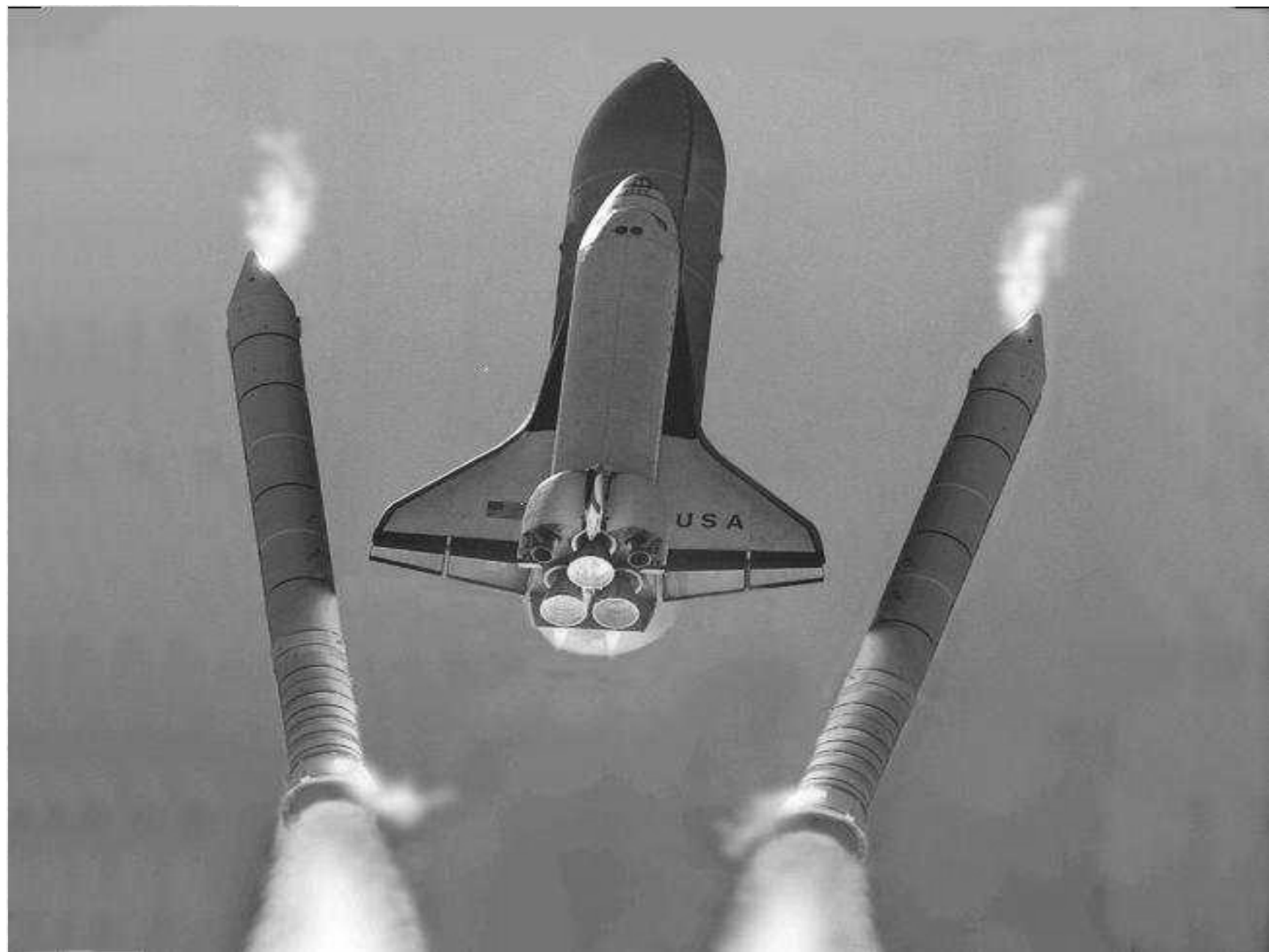
Health and Fitness Initiative

The President's Challenge:

- NASA
- Companies
- Centers
- Government Agencies

Measuring Effectiveness:

- Exercise Facility Involvement
- CVD risk factor numbers
- Presidential Active Lifestyle Award





Quarterly Health Promotion Campaign 2nd Quarter FY 2003

■ Ergonomics

- Work-related MSDs 1/3 of all occupational injuries and illnesses
- Greater than 600,000 employee suffer lost-workday annually
- Workers' compensation costs \$15 to \$20 billion annually
- Total direct costs \$45 to \$60 billion annually

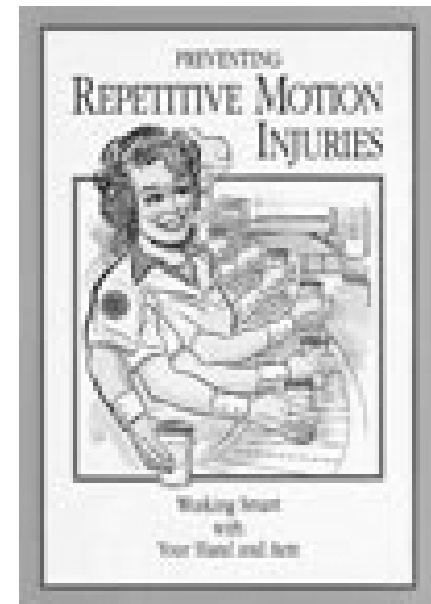


Quarterly Health Promotion Campaign 2nd Quarter FY 2003

- Ergonomic Program Goals
 - Decrease workplace injuries
 - Reduce absenteeism
 - Increase productivity
 - Build stronger employee relationships
- Center Program
 - Partnerships with Safety, IH, Fitness
 - Employee education

Ergonomic Promotional Materials

- Preventing Repetitive Motion Injuries
 - Anatomical illustrations
 - Work-smart tips
 - Self-care practices
 - Options for medical treatment
 - Strengthening exercises



Ergonomic Promotional Materials

- Computer Fitness
 - Risk factors
 - Adjust work area
 - Lighting
 - Sitting comfort
 - Relax your eyes
 - Take a break
 - Exercises



Ergonomic Promotional Materials

- Back to Backs
 - Anatomy
 - Good posture
 - Safe lifting skills
 - Prevent injuries

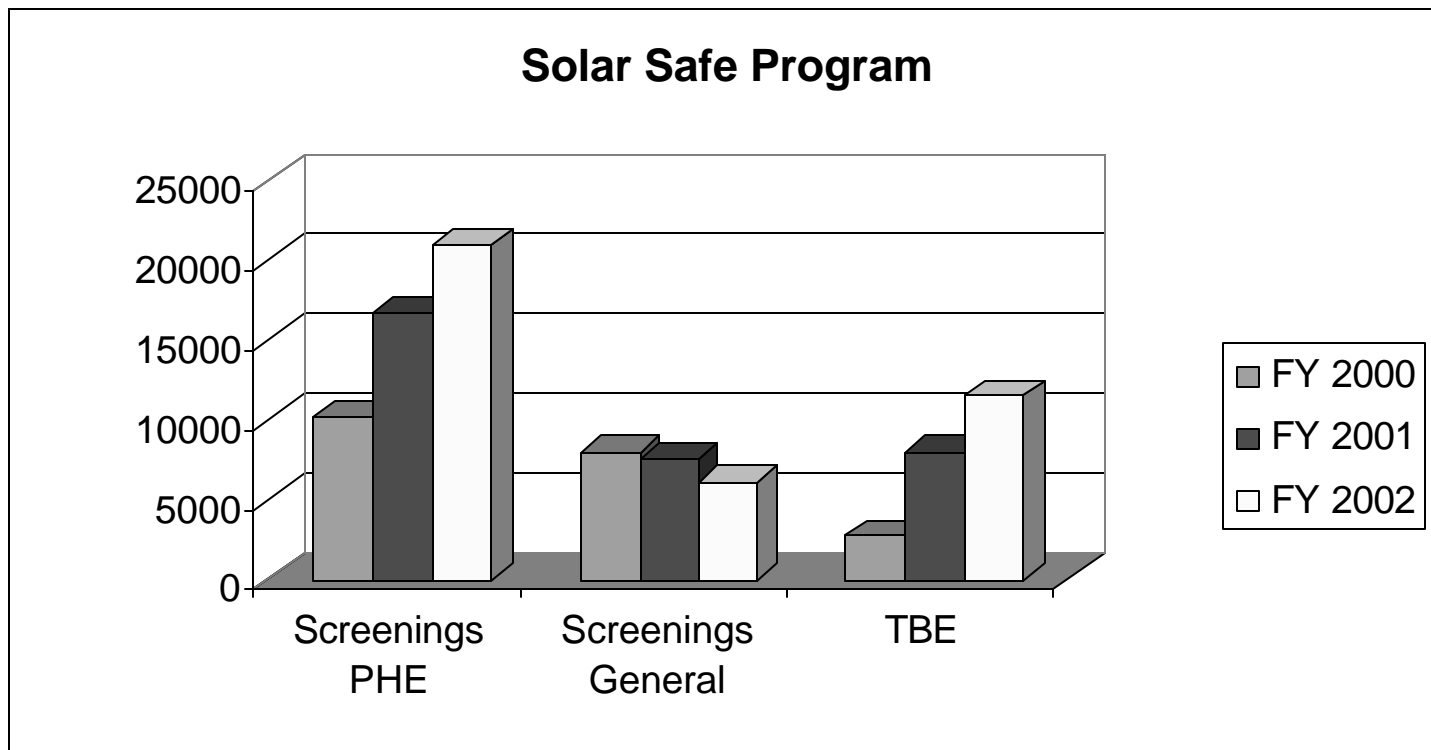


Ergonomic Promotional Materials

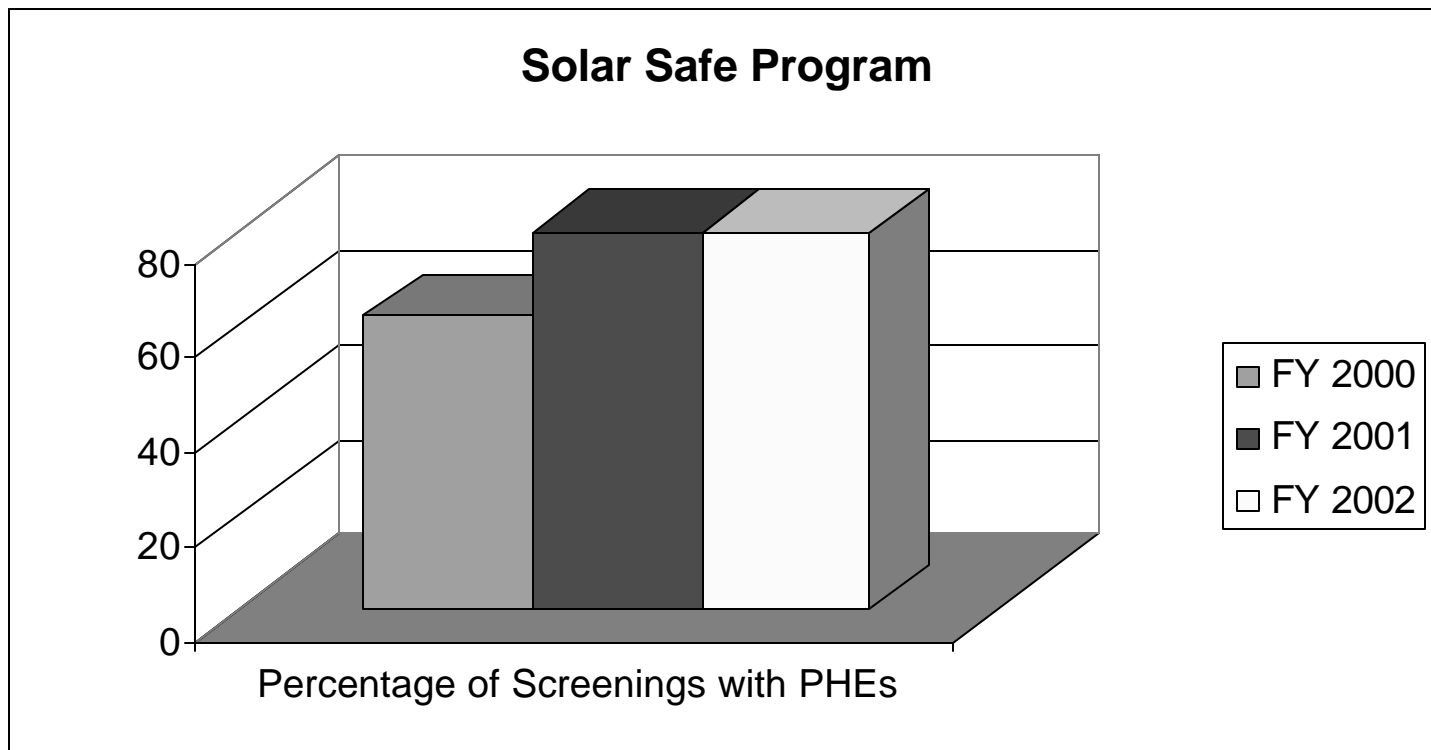
- Take a Break Office Card
 - Laminated card
 - Exercises
 - Strengthening
 - Stretching



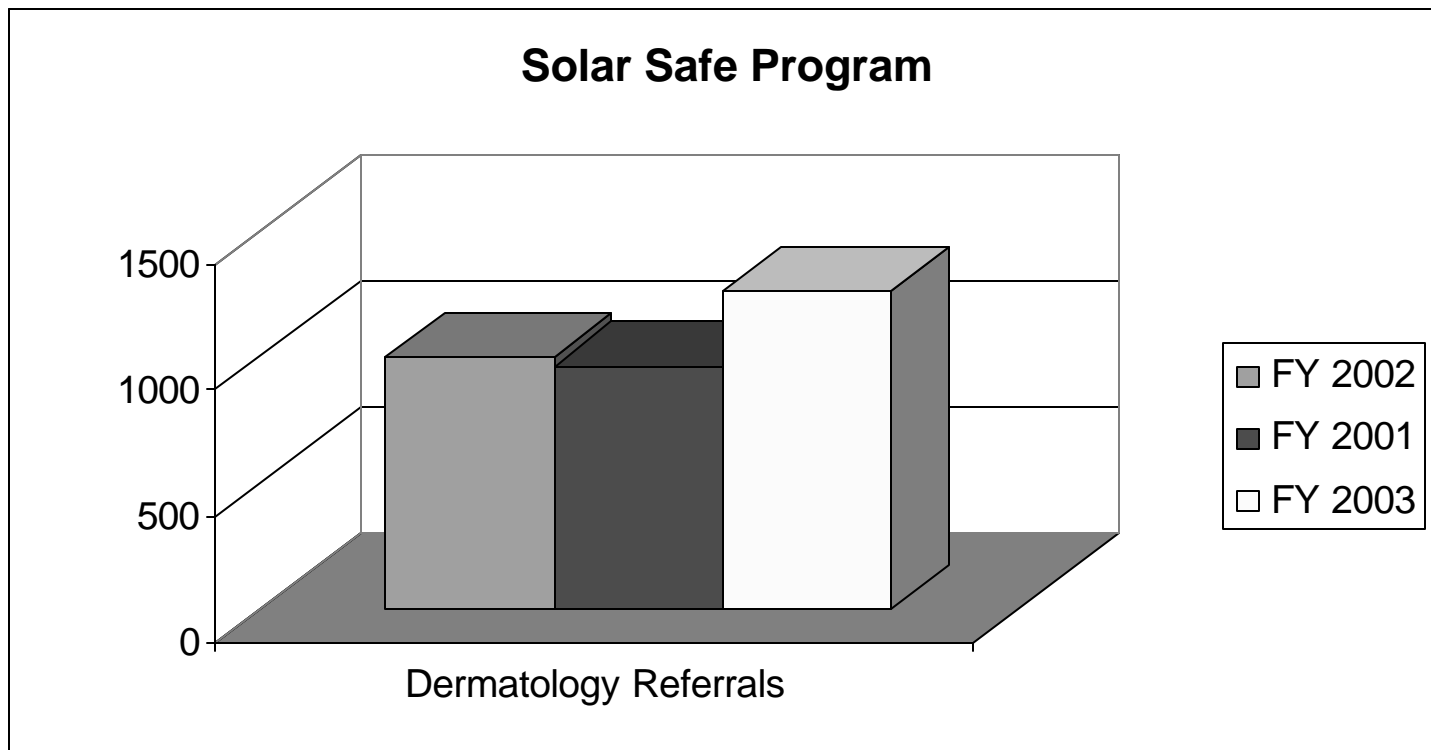
Solar Safe Program



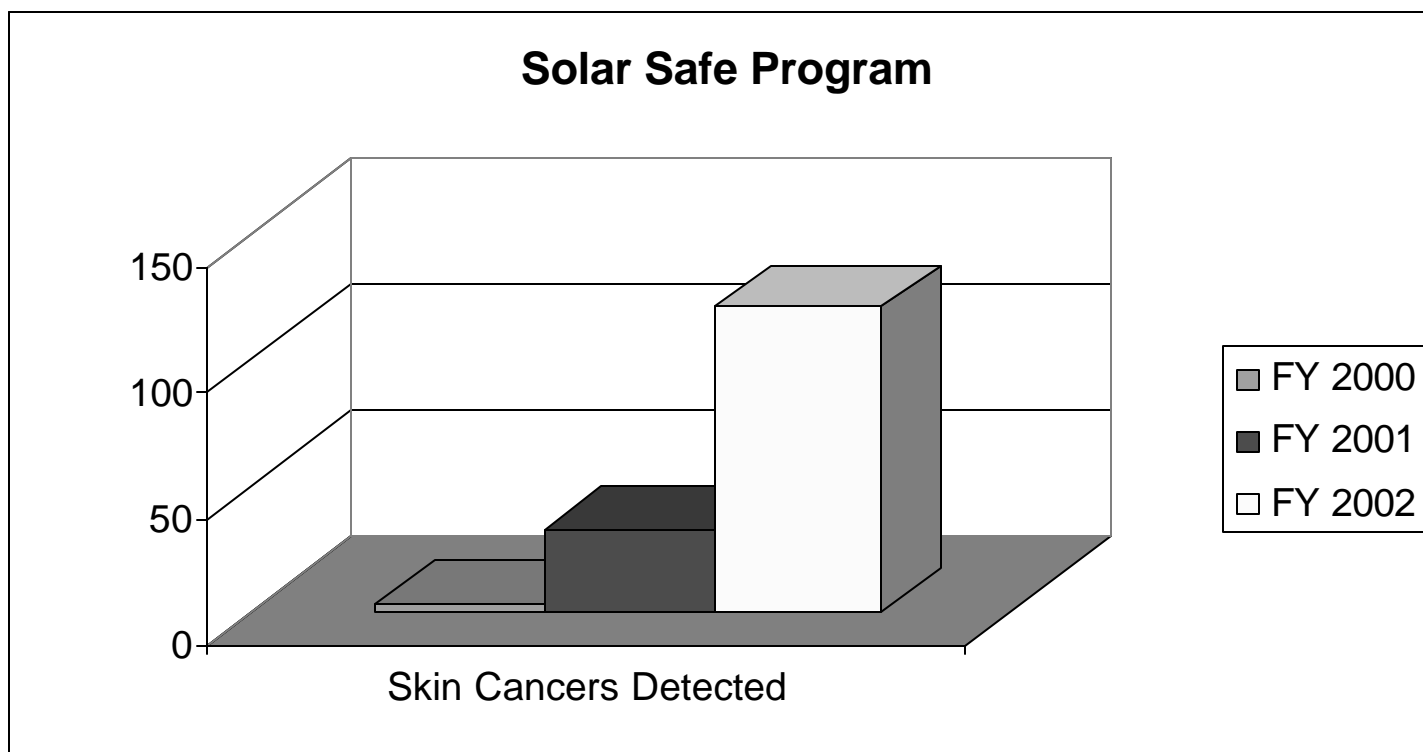
Solar Safe Program



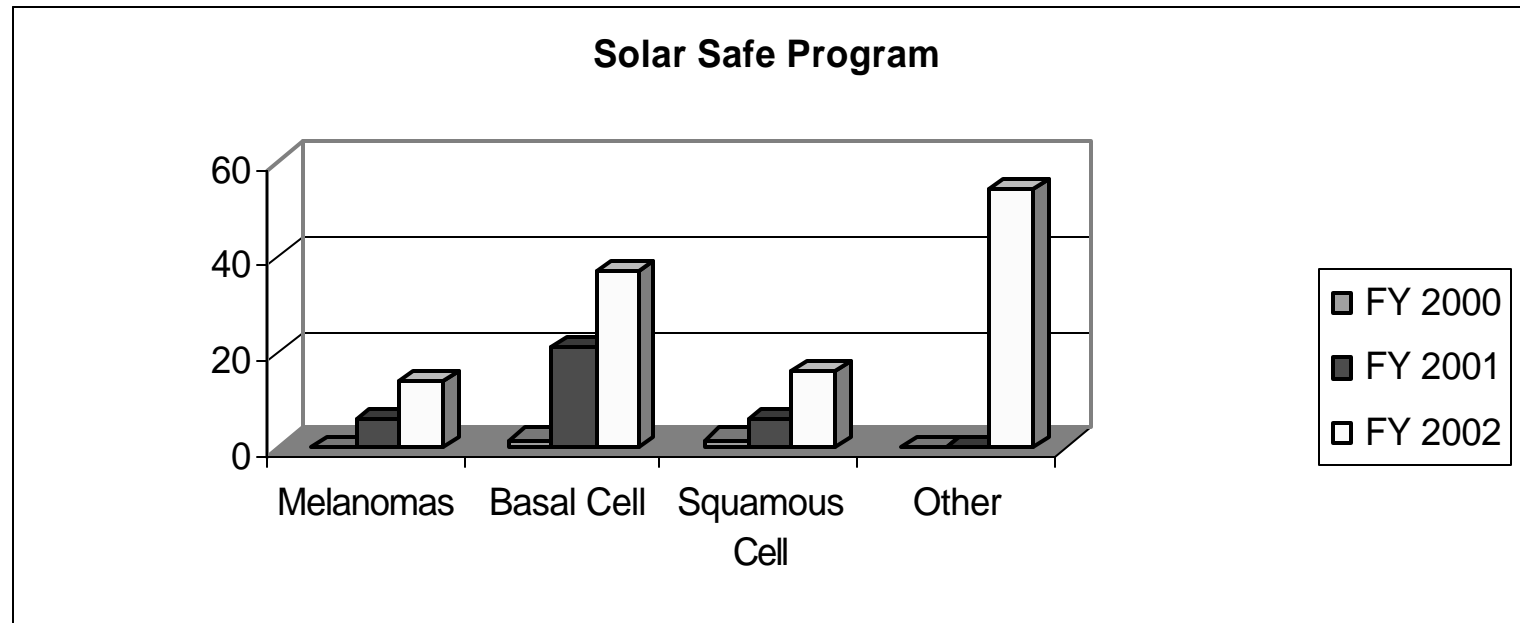
Solar Safe Program



Solar Safe Program



Solar Safe Program





Next Steps

- Influenza Immunization Data
 - Total Given
 - NASA Civil Servants
 - Contractors
 - Others
- 3rd and 4th Quarter Health Promotion Topics
- Next ViTS
 - March 17th 15:30 to 16:30 PM

Happy Holidays!!!!

